

Iowa's Distance Classic - WOMEN Records

Open Women - sub 1:19:00

Diane Nukuri, 27, Iowa City (BUR)	1:07:52	2012	Danna Kelly, 23, Des Moines	1:15:30	2010	Cynthia Schroeder, 27, Minneapolis, MN	1:18:27	1993
Belainesh Gebre, 25 (ETH)	1:08:41	2013	Nikole Johns, 28, Ft Collins, CO	1:15:31	2003	Sharon Greenwood, 32, Cedar Rapids	1:18:32	1985
Belainesh Gebre, 21 (ETH)	1:09:00	2009	Bethany Lewis, 29, Iowa City	1:15:34	2007	Cynthia Schroeder, 30, Minneapolis, MN	1:18:32	1995
Kelly Brinkman, 32, Bloomington, MN	1:10:02	2013	Christy Mettler, 24, Brookings, SD	1:15:38	1993	Ellen Ries, 26, Des Moines	1:18:56	2013
Janice Ettle, 31, Minneapolis, MN	1:10:08	1990	Danna Kelly, 25, West Des Moines	1:15:38	2012	Christy Nielsen-Crotts, 30, Council Bluffs	1:18:34	2005
Pascha Cheruivot, 26, Ft Dodge (KEN)	1:10:49	2013	Kris Wallace, 31, Des Moines	1:15:41	1989	Kelly Timmerman, 31, Geneseo, IL	1:18:40	1996
Janice Ettle, 32, Minneapolis, MN	1:10:53	1991	Sandy DeNoon, 27, Des Moines	1:15:43	1982	(150)		
Robyn Friedman, 36, Lambs Grove	1:11:12	2009	Karlene Herrell, 32, Peru, IN	1:15:43	1998	Marsha Yokas, 25, Oelwein	1:18:47	1983
Frashiah Waithaka, 31 (KEN)	1:11:36	2009	Angela Anderson, 24, Ames	1:15:44	1994	Mackenzie Madison, 23, Eugene, OR	1:18:52	2010
Charme Rademeyer, 27 (SA)	1:11:38	2003	Olivia Johnson, 24, Iowa City	1:14:49	2013	Bonnie Sons, 38, Shorewood, MN	1:18:54	2004
(10)			Jennifer Brower, 24, St Ansgar	1:15:51	1994	Sarah Gall, 26, Cedar Falls	1:18:57	2005
Mary Akor, 34, Hawthorne, CA	1:11:45	2011	Tami Colby, 19, Boone	1:15:53	1986	Jane T-Lundgren, 27, Iowa City	1:18:58	1985
Mary Akor, 35, Hawthorne, CA	1:11:50	2012	Bonnie Sons, 30, Shorewood, MN	1:15:55	1996	**Below yearly winners not making time standards		
Robyn Friedman, 38, Lambs Grove	1:11:54	2011	Anne Flynn, 34, Coralville	1:15:56	1998	Muriel Nauman, 31, Iowa City	1:20:33	1987
Atalelech Asfaw, 30, Albuquerque, MN	1:11:58	2013	Robyn Friedman, 31, Lambs Grove	1:15:59	2004			
Suzanne Youngberg, 24, Des Moines	1:12:26	1988	Janice Ettle, 37, St Paul, MN	1:16:08	1996			
Renee Kruse, 29, South Sioux City, NE	1:12:26	1997	Robyn Friedman, 33, Lambs Grove	1:16:10	2006			
Stefaniji Statkuvieni, 35 (LIT)	1:12:26	1998	Casey McDermonit, 24, West Des Moines	1:16:16	2013			
Bekainesh Gebre, 20 (ETH)	1:12:33	2008	Jean Gill, 30, Waterbury, NE	1:16:17	1996			
Cindy James, 36, Homewood, IL	1:12:44	1996	(90)					
Erin Moeller, 33, Mt Vernon	1:12:14	2011	Melinda Courage-Carlbert, 32, Urbandale	1:16:18	2006	Robyn Friedman, 36, Lambs Grove	1:11:12	2009
(20)			Robyn Friedman, 30, Lambs Grove	1:16:20	2003	Mary Akor, 35, Hawthorned, CA	1:11:50	2012
Bonnie Sons, 26, Shorewood, MN	1:12:56	1992	Robyn Friedman, 39, Lambs Grove	1:16:20	2012	Robyn Friedman, 38, Lambs Grove	1:11:54	2011
Erin Moeller, 30, Cedar Rapids	1:13:02	2008	Nikole Johns, 33, Ft Collins, CO	1:16:27	2008	Stefanija Statkuvieni, 35 (LIT)	1:12:26	1998
Karen Clark, 29, Rockwell City	1:13:09	1985	Karlene Herrell, 29, Peru, IN	1:16:30	1995	Cindy James, 36, Homewood, IL	1:12:44	1996
Robyn Friedman, 34, Lambs Grove	1:13:15	2007	Jen Van Otterloo, 26, Sioux City	1:16:41	2012	Robyn Friedman, 35, Lambs Grove	1:13:19	2008
Robyn Friedman, 35, Lambs Grove	1:13:19	2008	Ashley Tousley, 26, Des Moines	1:16:42	2010	Roxi Erickson, 35, Omaha, NE	1:13:44	1998
Erin Moeller, 34, Mt Vernon	1:13:19	2012	Bonnie Sons, 39, Shorewood, MN	1:16:49	2005	Ann Ringlein, 35, Lincoln, NE	1:13:51	1992
Mary Akor, 33, Hawthorne, CA	1:13:23	2010	Gina Morgan, 25, Lincoln, NE	1:16:49	2007	Bonnie Sons, 35, Shorewood, MN	1:14:02	2001
Kelly Brinkman, 31, Bloomington, MN	1:13:24	2012	Dana Kramer, 33, Urbandale	1:16:50	1996	Bonnie Sons, 37, Shorewood, MN	1:14:31	2003
Michelle Frey, 29, Minneapolis, MN	1:13:28	2011	(100)			(10)		
Catherine Saxon, 28, Overland Park, KS	1:13:32	1990	Karlene Herrell, 34, Peru, IN	1:16:50	2000	Renee Kruse, 35, South Sioux City, NE	1:14:53	2003
(30)			Lisa Marshall, 35, Granger	1:16:55	2003	Anne Flynn, 36, Coralville	1:15:29	2000
Roxi Erickson, 35, Omaha, NE	1:13:44	1998	Jen Van Otterloo, 24, Sioux Center	1:16:57	2010	Janice Ettle, 36, St Paul	1:16:08	1996
Michelle Ihmels, 30, Ames	1:13:46	2003	Lisa Marshall, 27, Des Moines	1:16:58	1995	Robyn Friedman, 39, Lambs Grove	1:16:20	2012
Erin Moeller, 32, Mt Vernon	1:13:48	2010	Lisa Marshall, 43, Granger	1:16:58	2011	Bonnie Sons, 39, Shorewood, MN	1:16:49	2005
Connie Prince, 32, Sioux City	1:13:51	1986	Anne Flynn, 33, Coralville	1:16:59	1997	Lisa Marshall, 35, Granger	1:16:55	2003
Ann Ringlein, 35, Lincoln, NE	1:13:51	1992	Elaine VanDyck, 35, Des Moines	1:17:02	1989	Elaine VanDyck, 35, Des Moines	1:17:02	1989
Naoko Ishibe, 29, Washington DC	1:14:02	1998	Paulette Bendixen, 29, West Des Moines	1:17:02	1989	Sharon Stubler, 38, Minnetonka, MN	1:17:09	2003
Bonnie Sons, 35, Shorewood, MN	1:14:02	2001	Dawn Lentsch, 19, Cedar Falls	1:17:04	1992	Jane Asimus, 36, Cedar Falls	1:17:19	1988
Tina Gandy, 28, Des Moines	1:14:14	1981	Nikole Johns, 29, Ft Collins, CO	1:17:05	1984	Jane Asimus, 37, Cedar Falls	1:17:28	1989
Karen Clark, 28, Rockwell City	1:14:14	1984	(110)			(20)		
Bonnie Sons, 28, Shorewood, MN	1:14:16	1994	Traci Kresser, 24, Clive	1:17:06	2004	Sharon Stubler, 37, Minnetonka, MN	1:17:37	2002
(40)			Danna Kelly, 24, West Des Moines	1:17:16	2010	Bonnie Sons, 36, Shorewood, MN	1:18:14	2002
Catriona Dowling, 34, Lincoln, NE	1:14:20	1992	Janice Ettle, 40, Roseville, MN	1:17:08	1999	Anne Flynn, 35, Coralville	1:18:26	1999
Sara Wells, 26, Burnsville, MN	1:14:21	2005	Tina Gandy, 27, Des Moines	1:17:09	1980	Bonnie Sons, 38, Shorewood, MN	1:18:54	2004
Shitaye Gemechu, 32 (ETH)	1:14:22	2013	Sharon Stubler, 38, Minnetonka, MN	1:17:09	2003	Barb Rasmussen, 36, St Charles, IL	1:19:08	1982
Bonnie Sons, 23, Shorewood, MN	1:14:25	1989	Sharon Greenwood, 31, Cedar Rapids	1:17:16	1984	Lisa Marshall, 36, Granger	1:19:30	2004
Alicia Mundahl, 25, Egan, MN	1:14:25	1992	Jane Asimus, 36, Cedar Falls	1:17:19	1988	Linda Brennenman, 37, S.J. Capsitra, CA	1:20:04	2003
Karen Clark, 27, Rockwell City	1:14:27	1983	Gina Morgan, 23, Lincoln, NE	1:17:20	2005	Jenny Schulte, 39, Clive	1:20:09	2012
Angela Anderson, 25, Ames	1:14:27	1995	Ashley Tousley, 24, West Des Moines	1:17:20	2005	Lisa Marshall, 37, Granger	1:20:21	2005
Lisa Whitman, 24, Dubuque	1:14:31	1985	Jane Asimus, 37, Cedar Falls	1:17:21	2008	Ani Trane, 36, West Des Moines	1:20:45	2006
Bonnie Sons, 37, Shorewood, MN	1:14:31	2003	(120)			(30)		
Bonnie Sons, 34, Shorewood, MN	1:14:34	2000	Kay Pals, 23, Iowa City	1:17:27	1996	Michelle Paxton, 35, Lincoln, NE	1:20:53	2012
(50)			Gina Morgan, 24, Lincoln, NE	1:17:27	2006	Trisha Schlick, 38, Madrid	1:21:18	2012
Angela Andersen, 26, Ames	1:14:40	1996	Casey Owens, 28, Des Moines	1:17:30	2011	Trisha Schlick, 39, Ames	1:21:21	2013
Kris Wallace, 32, Des Moines	1:14:43	1990	Joyce Bourassa, 29, Burnsville, MN	1:17:33	1997	Kiersten Hathaway, 35, Panora	1:21:29	2011
Renee Kruse, 34, South Sioux City, NE	1:14:43	2002	Erin Moeller, 25, Cedar Rapids	1:17:33	2003	Kim Anderson, 39, Chanhassen, MN	1:21:33	2004
Liubov Denisova, 41 (RUS)	1:14:46	2012	Laura Bell, 25, Des Moines	1:17:35	1998	Karlene Herrell, 37, Peru, IN	1:21:34	2003
Renee Kruse, 35, South Sioux City, NE	1:14:53	2003	Sharon Stubler, 37, Minnetonka, MN	1:17:37	2002	Sharon Greenwood, 36, Cedar Rapids	1:21:41	1989
Renee Kruse, 26, Sioux City	1:14:57	1994	Brittany Hubbard, 23, Lincoln, NE	1:17:47	2008	Christine Price, 38, Des Moines	1:21:48	2007
Louise Mohanna, 29, Cario, NE	1:15:02	1991	Karen Clark, 30, Rockwell City	1:17:53	1986	Jennifer Chaudoir, 35, Green Bay, WI	1:22:13	2010
Suzanne Youngberg, 22, Ames	1:15:07	1986	Lisa Skidmore, 21, Des Moines	1:17:57	1989	Christine Price, 39, Des Moines	1:22:15	2008
Renee Kruse, 32, South Sioux City, NE	1:15:07	2000	(130)			(40)		
Casey Owens, 23, Mt Pleasant	1:15:06	2006	Christy Nielsen-Crotts, 29, Council Bluffs	1:18:03	2004	Jane Asimus, 35, Cedar Falls	1:22:18	1987
(60)			Sandy DeNoon, 28, Des Moines	1:18:06	1983	Laura Max, 35, Iowa City	1:22:57	2007
Casey Owens, 24, Des Moines	1:15:09	2007	Kay Pals, 26, Iowa City	1:18:08	1999	Claudia Scott, 38, Marion	1:23:01	1989
Shelly Strohmman, 29, Lenexa, KS	1:15:07	2003	Michelle Hein, 25, Topeka, KS	1:18:10	2003	Sue Boley, 38, Maxwell	1:23:01	1995
Nikole Johns, 31, Ft Collins, CO	1:15:12	2006	Liubov Denisova, 41 (RUS)	1:18:13	2013	Claudia Scott, 37, Marion	1:23:11	1988
Jenna Boran, 33, St Paul, MN	1:15:17	2010	Bonnie Sons, 36, Shorewood, MN	1:18:14	2002	Jenny Schulte, 38, Clive	1:23:22	2011
Karlene Herrell, 31, Peru, IN	1:15:20	1997	Letha Davis, 22, Storm Lake	1:18:16	1985	Jenny Weber, 36, Des Moines	1:23:33	2009
Traci Kresser, 26, Clive	1:15:22	2012	Evette Edmondson, 23, Kansas City, MO	1:18:18	1994	Dee Sasseen, 35, Des Moines	1:23:48	2000
Atalelech Asfaw, 27 (ETH)	1:15:23	2010	Michelle Paxton, 26, Lincoln	1:18:19	2003	Jenny Schulte, 37, Clive	1:23:52	2010
Bonnie Sons, 24, Shorewood, MN	1:15:25	1990	Connie Prince, 31, Sioux City	1:18:23	1989	Marsha Beaman, 35, Des Moines	1:24:08	1982
Karlene Herrell, 30, Peru, IN	1:15:26	1996	(140)			(50)		
Tami Colby, 18, Boone	1:15:29	1985	Bonnie Sons, 42, Shorewood, MN	1:18:23	2008	Debbie Webb, 36, Ft Dodge	1:24:08	1998
(70)			Lisa Marshall, 41, Granger	1:18:23	2009	Elaine VanDyck, 37, Des Moines	1:24:11	1991
Anne Flynn, 36, Coralville	1:15:29	2000	Lisa Marshall, 26, Des Moines	1:18:25	1994	Sue Boley, 39, Maxwell	1:24:19	1996
			Anne Flynn, 35, Coralville	1:18:26	1999	Christine Price, 35, Des Moines	1:24:22	2006
						Claudia Scott, 39, Marion	1:24:24	1990
						Kristi Newcomb, 38, Lincoln, NE	1:24:33	2001

35 to 39 Women sub 1:25:00

Sue Boley, 35, Maxwell	1:24:43	1992
**Below yearly winners not making time standards		
Sue Boley, 36, Maxwell	1:25:22	1993
Sue Boley, 37, Maxwell	1:26:00	1994
Phyllis Pearson, 35, Des Moines	1:26:43	1983
Becky Patrick, 37, Des Moines	1:27:55	1986
Nancy Kapheim, 38, Omaha, NE	1:27:17	1985
Norma Cousin, 35, ?	1:29:17	1984
Cathy Knoepfler, 37, Des Moines	1:27:39	1997
Rae Gene Burger, 35, Des Moines	1:37:30	1980
Unknown	?	1981

40 to 44 Women sub 1:30:00

Liubov Denisova, 41 (RUS)	1:14:46	2012
Lisa Marshall, 43, Granger	1:16:58	2011
Janice Ettle, 40, Minneapolis, MN	1:17:08	1999
Liubov Denisova, 42 (RUS)	1:18:13	2013
Bonnie Sons, 40, Shorewood, MN	1:18:23	2008
Lisa Marshall, 41, Granger	1:18:23	2009
Marla Rhoden, 41, Topeka, KS	1:19:28	1997
Jenny Schulze, 40, Clive	1:20:16	2013
Ann Ringlein, 43, Lincoln, NE	1:20:18	2000
Bonnie Sons, 40, Shorewood, MN (10)	1:20:41	2006
Marla Rhoden, 42, Topeka, KS	1:20:54	1998
Janice Ettle, 44, Minneapolis, MN	1:21:10	2003
Bonnie Sons, 43, Shorewood, MN	1:21:22	2009
Kimberly Anderson, 40, Chanhassen, MN	1:21:27	2005
Sharon Stubler, 41, Minnetonka, MN	1:21:57	2006
Andriette Wickstrom, 41, Storm Lake	1:22:40	1996
Sharon Stubler, 42, Minnetonka, MN	1:22:50	2007
Christine Price, 40, Des Moines	1:21:57	2009
Bonnie Sons, 44, Shorewood, MN	1:23:06	2010
Ellen Pollard, 41, Ames (20)	1:23:10	2009
Ann Ringlein, 44, Lincoln, NE	1:23:31	2001
Ann Ringlein, 42, Lincoln, NE	1:23:37	1999
Julie Fiepke, 41, West Des Moines	1:24:09	2009
Marla Rhoden, 43, Topeka, KS	1:24:23	1999
Jackie Groves, 42, Polk City	1:24:26	1998
Julie Stary, 40, Des Moines	1:24:32	2000
Sheila Maddock, 42, Johnston	1:24:36	1998
Tricia McClain, 44, Altoona	1:24:47	2001
Claudia Scott, 41, Marion	1:25:05	1992
Christine Price, 43, Des Moines (30)	1:25:07	2012
Jackie Groves, 44, Polk City	1:25:09	2000
Carrie Van Quathem, 41, Urbandale	1:25:18	2013
Christine Price, 42, Des Moines	1:25:19	2011
Sharon Stubler, 40, Minnetonka, MN	1:25:30	2005
Andriette Wickstrom, 42, Storm Lake	1:25:46	1997
Andriette Wickstrom, 43, Storm Lake	1:25:52	1998
Claudia Scott, 40, Marion	1:26:08	1991
Kelly Sorensen, 42, West Des Moines	1:26:13	2012
Carrie Van Quathem, 40, Urbandale	1:26:23	2012
Judith Muller, 44, Altoona (40)	1:26:29	1993
Elaine Van Dyck, 40, Des Moines	1:26:40	1994
Dana Kramer, 42, Urbandale	1:27:00	2005
Karen Bestul, 44, Lincoln, NE	1:27:03	1987
Laura Ewers, 40, Des Moines	1:27:13	1989
Sue Boley, 40, Maxwell	1:27:18	1997
Christine Price, 44, Des Moines	1:27:16	2013
Irene Humphries, 43, Nauvoo, IL	1:27:27	1994
Shelly Haller, 41, Ceresco, NE	1:27:34	2009
Sue Boley, 41, Maxwell	1:27:38	1998
Gwenell Archer, 43, Davenport (50)	1:27:39	1992
Beth Henriksen, 42, Ames	1:27:40	1998
JoAnn Kobes, 43, Des Moines	1:27:50	2003
Irene Humphries, 42, Nauvoo, IL	1:28:01	1993
Melanie Anderson, 40, Clive	1:28:10	2003
Joann Kobes, 40, Des Moines	1:28:11	2000
Claudia Scott, 43, Marion	1:28:21	1994
Rhonda Brandt, 40, Cedar Rapids	1:28:22	2004
Debi Hogan, 40, Des Moines	1:28:26	1998
Andriette Wickstrom, 40, Storm Lake	1:28:41	1995
Kathy Hale, 41, Bondurant (60)	1:28:56	2006
Dana Kramer, 41, Urbandale	1:29:02	2004

Jackie Groves, 43, Polk City	1:29:13	1999
Nancy Hoegh, 42, Clive	1:29:27	1995
Joanne Parker, 44, Redfield	1:29:20	2012
Irene Humphries, 40, Nauvoo, IL	1:29:47	1991
Kathy Hale, 42, Bondurant	1:29:56	2007
Jackie Groves, 41, Polk City	1:30:00	1997
**Below yearly winners not making time standards		
A Baron-Fritts, 40, Lincoln, NE	1:31:31	2002
Diane Schroeder, 42, Des Moines	1:31:38	1988
Judith Muller, 41, Altoona	1:32:37	1990
Marilyn Garrison, 41, Cedar Rapids	1:33:01	1983
Sally Joyce, 42, Ankeny	1:33:03	1985
Sharon Longnecker, 44, Cedar Falls	1:33:11	1984
Diane Schroeder, 40, Urbandale	1:33:53	1986
Jan Gillum, 44, Des Moines	1:37:59	1980
Bertha Christiansen, 42, Altoona	1:42:52	1982
Unknown	?	1981

45 to 49 Women sub 1:35:00

Ann Ringlein, 47, Lincoln, NE	1:21:01	2004
Gloria Jansen, 48, Edina, MN	1:21:40	1996
Bonnie Sons, 46, Shorewood, MN	1:21:46	2012
Ann Ringlein, 46, Lincoln, NE	1:22:07	2003
Carol Baker, 48, Waterloo	1:22:42	2007
Bonnie Sons, 45, Shorewood, MN	1:23:12	2011
Tricia McClain, 46, Altoona	1:23:53	2003
Ann Ringlein, 48, Lincoln, NE	1:23:52	2005
Ann Ringlein, 45, Lincoln, NE	1:24:06	2002
Bonnie Sons, 46, Shorewood, MN (10)	1:24:30	2013
Tricia McClain, 47, Altoona	1:24:52	2004
Roxi Erickson, 45, Omaha, NE	1:25:31	2008
Dana Kramer, 45, Urbandale	1:25:59	2008
Ann Ringlein, 49, Lincoln, NE	1:25:45	2006
Sheila Maddock, 45, Johnston	1:25:57	2001
Jackie Groves, 45, Polk City	1:26:51	2001
Nancy McCormick, 47, Omaha, NE	1:27:13	1982
Andriette Wickstrom, 46, Storm Lake	1:27:22	2001
Gwenell Archer, 45, Davenport	1:27:24	1994
Tricia McClain, 48, Altoona (20)	1:28:13	2005
Tricia McClain, 45, Altoona	1:28:34	2002
Marilyn Wickenkamp, 47, Newton	1:28:35	1982
Nancy Hoegh, 45, Clive	1:29:07	1998
Andriette Wickstrom, 45, Storm Lake	1:29:08	2000
Nancy Hoegh, 47, Clive	1:29:14	2000
Georgia Wright, 45, Polk City	1:29:32	1990
Rhonda Brandt, 45, Marion	1:29:45	2009
Dana Kramer, 46, Urbandale	1:29:47	2009
Linda Barnhart, 46, Omaha, NE	1:30:18	2009
Andriette Wickstrom, 48, Storm Lake (30)	1:30:33	2003
Wendy Mirth, 45, Plattville, WI	1:30:48	2005
Gwenell Archer, 46, Davenport	1:31:13	1995
Nancy Hoegh, 49, Clive	1:31:41	2002
Jan Daker, 49, Davenport	1:31:43	1997
Beth Henriksen, 49, Ames	1:31:44	2005
Beth Schweizer, 47, Urbandale	1:31:55	2013
Dana Kramer, 47, Urbandale	1:31:58	2010
Sheila Maddock, 47, Johnston	1:32:09	2003
Judith Muller, 45, Altoona	1:32:10	1994
Beth Henriksen, 47, Ames (40)	1:32:46	2003
Sharon Longnecker, 45, Cedar Falls	1:32:50	1985
Jan Mohs, 46, Clive	1:33:29	1998
Jane Toerner, 46, Cedar Falls	1:33:33	1998
Beth Henriksen, 48, Ames	1:33:54	2004
Sheila Maddock, 48, Johnston	1:33:54	2004
Sandy Sabelka, 45, Denver	1:33:55	2013
Jan Gillum, 48, Des Moines	1:33:56	1984
Vicki Vanderkwaak, 47, Johnston	1:33:56	2003
Dana Kramer, 49, Urbandale	1:34:04	2012
Elaine Van Dyck, 46, Des Moines (50)	1:34:12	2000
Susan Ridenour, 45, Des Moines	1:34:13	2003
Claudia Scott, 48, Marion	1:34:16	1999
Julia Martinusen, 48, Des Moines	1:34:25	2007
Andriette Wickstrom, 49, Storm Laek	1:34:27	2004
Nancy Hoegh, 46, Clive	1:34:30	1999
Tami Prescott, 45, Urbandale	1:34:34	2012
Dana Kramer, 48, Urbandale	1:34:36	2011
Rae Gene Burger, 45, Des Moines	1:34:38	1990

Michele Poss, 45, Johnston	1:34:45	2012
Jan Gillum, 49, Des Moines (60)	1:34:48	1985
Beth Schweizer, 45, Urbandale	1:34:49	2012
**Below yearly winners not making time standards		
Marilyn Wickenkamp, 46, Newton	1:35:08	1981
Lorraine Kurz, 47, Fenton, MO	1:36:24	1989
Joan LeValley, 46, Ft Dodge	1:37:05	1983
Jean Gifford, 49, West Des Moines	1:37:25	1988
Nancy Kapheim, 46, Davenport	1:37:38	1993
Norma Wessel, 47, Des Moines	1:37:51	1987
Rae Gene Burger, 46, Clive	1:38:15	1991
Sharon Longnecker, 46, Cedar Falls	1:38:31	1986
Wanda Hartwigsen, 45, Bettendorf	1:38:36	1992
Unknown, ?		1980

50 & over Women – sub 1:40:00

Ann Ringlein, 52, Lincoln, NE	1:25:36	2009
Ann Ringlein, 51, Lincoln, NE	1:25:46	2008
Tricia McClain, 50, Altoona	1:26:53	2007
Ann Ringlein, 50, Lincoln, NE	1:26:59	2007
Nancy Hoegh, 50, Clive	1:27:11	2003
Janelle Swanberg, 52, Davenport	1:27:40	2003
Ann Ringlein, 53, Lincoln, NE	1:28:14	2010
Tricia McClain, 51, Altoona	1:28:33	2008
Nancy Hoegh, 51, Clive	1:29:25	2004
Jan Daker, 50, Davenport (10)	1:29:31	1998
Sheila Maddock, 51, Johnston	1:31:00	2007
Dana Kramer, 50, Urbandale	1:31:02	2013
Wew-Shi Yu, 57, Kew Gardens, NY	1:31:21	1992
Claudia Scott, 51, Marion	1:32:03	2002
Wendy Mirth, 52, Platteville, WI	1:32:06	2012
Andriette Wickstrom, 57, Storm Lake	1:32:41	2012
Patty Croonquist, Ft Dodge	1:32:56	2012
Wendy Mirth, 53, Platteville, WI	1:33:22	2013
Nancy Hoegh, 54, Clive	1:33:25	2007
Nancy Hoegh, 52, Clive (20)	1:33:32	2005
Jeanne McCurnin, 54, Mason City	1:33:38	2010
Patty Croonquist, 55, Ft Dodge	1:34:19	2013
Andriette Wickstrom, 55, Storm Lake	1:34:23	2010
Claudia Scott, 50, Marion	1:34:36	2001
Andriette Wickstrom, 56, Storm Lake	1:34:38	2011
Sheila Maddock, 50, Johnston	1:34:39	2006
Tricia McClain, 55, Altoona	1:34:39	2012
Andriette Wickstrom, 58, Storm Lake	1:34:45	2013
Andriette Wickstrom, 54, Storm Lake	1:34:54	2009
Beth Henriksen, 52, Ames (30)	1:35:05	2008
Patty Croonquist, 53, Ft Dodge	1:35:05	2011
Beth Henriksen, 53, Ames	1:35:10	2009
Tricia McClain, 54, Altoona	1:35:39	2011
Claudia Scott, 52, Storm Lake	1:35:46	2003
Tricia McClain, 56, Altoona	1:35:56	2013
Tricia McClain, 52, Altoona	1:35:58	2009
Kristy Cain, 52, Urbandale	1:36:08	2012
Beth Henriksen, 54, Ames	1:36:34	2010
Andriette Wickstrom, 51, Storm Lake	1:36:40	2006
Sandy Rupnow, 53, Ames (40)	1:36:52	1997
Tricia McClain, 53, Altoona	1:37:00	2010
Jean Gifford, 50, West Des Moines	1:37:03	1989
Jan Gillum, 52, Des Moines	1:37:10	1988
Nancy Hoegh, 56, Clive	1:37:18	2009
Andriette Wickstrom, 53, Storm Lake	1:37:21	2008
Andriette Wickstrom, 52, Storm Lake	1:37:25	2007
Rae Gene Burger, 50, Clive	1:37:27	1995
Judy Teeple, 62, Davenport	1:37:50	2003
Jane Wickman, 54, Kellogg	1:37:56	2008
Kathleen Wendel, 57, Ames (50)	1:37:40	2012
Andriette Wickstrom, 50, Storm Lake	1:38:36	2005
Wanda Hartwigsen, 50, Bettendorf	1:38:20	1997
Jan Daker, 52, Davenport	1:38:51	2000
Jan Gillum, 50, Des Moines	1:38:52	1986
Jane Wickman, 51, Kellogg	1:39:05	2005
Beth Henriksen, 55, Ames	1:39:19	2011
Elaine Van Dyck, 50, Des Moines	1:39:26	2005
Beth Henriksen, 56, Ames	1:39:34	2012

Wilma Osmun, 52, Creston	1:39:56	2012
Jan Mohs, 56, Urbandale	1:39:57	2008

**Below yearly winners not making time standards

Jan Gillum, 51, Des Moines	1:40:17	1987
Jean Gifford, 52, West Des Moines	1:40:23	1991
Sandy Rupnow, 52, Ames	1:41:27	1996
Jan Gillum, 54, Des Moines	1:42:10	1990
Wanda Hartwigsen, 52, Bettendorf	1:45:22	1999
Mary True, 55, Des Moines	1:47:09	1984
Mary True, 54, Des Moines	1:48:45	1983
Betty Keeney, 57, Ames	1:53:32	1994
Mary True, 50, Des Moines	1:55:56	1980
Jean Buchanan, 50, Stanley, KS	1:56:24	1985
Linda Laurenzo, 52, Des Moines	2:02:31	1993
None		1982

Wheelchair		
Female – Mary Thompson	1:12:00	1993

Chip Timing started in 2009, for records gun times are used.

Updates? - calmurdock@earthlink.net